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Teaching Your Teen to Drive

A Guide for Parents of Teenagers on the Colorado Graduated Drivers Licensing System

2013

Adapted by the Colorado Teen Driving Alliance and
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Teaching Your Teen to Drive

Thank you for choosing this guide to help teach your teen to drive!

This guide offers tools, tips and step-by-step instructions that will help you ensure your teenager becomes a safe driver. We recommend that you use this guide as a supplement to the Colorado Driver Handbook.

Though teen driving is risky, studies show teens have a lower perception of possible risks. Major risks for teenage drivers include not buckling their seat belts; going too fast; getting distracted by cell phones, fast food and other teens; not getting enough sleep; and driving at night. It is up to parents to model good driving behavior, guide teens in developing safe driving skills and place restrictions on risky driving behaviors. Parents play a crucial role in preventing traffic violations, injuries and fatalities.

Colorado law requires that you spend 50 hours, including 10 hours at night, copiloting the car with your teenager before he or she can apply for a license. For a complete guide to current Graduated Drivers License laws, go to COTeenDriver.com.

There are more resources for teaching your teenager how to drive at the end of this guide. We also have included a parent/teen driving agreement that may prove helpful in communicating the expectations both you and your teen have in learning to drive. We wish you and your teen a safe and productive learning experience.

Good Luck and Drive Safe!

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Risks of Teen Driving

The following statistics show the top six risk factors for teenagers while driving. The Colorado Graduated Drivers Licensing (GDL) Law covers most of these factors, and it is up to parents or guardians to reinforce them with their teenagers.

- Failure to wear a seat belt
  - Seat belts reduce the risk of death by approximately 50% (National Safety Council).
  - Wearing a seat belt is Colorado law. Teen drivers can be pulled over and ticketed if anyone in their car is not buckled up.
- Inattentiveness
  - Cell Phones, Stereos, putting on makeup, eating, etc. cause teens to be inattentive.
  - Distractions are the most common contributing factor in multiple vehicle crashes.
  - Teens are not allowed to use any mobile device while driving: No talking and no texting.
- Excessive Speed
  - Speed is the most common contributing factor in single vehicle crashes.
  - Remember, your teen is watching and modeling your driving behaviors, so obey the speed limit.
- Fatigue
  - A person who has been awake for 24 hours experiences impairment nearly equal to a blood alcohol concentration of 0.10%.
  - Teens often do not get enough sleep.
- Driving at Night
  - Teens are three times more likely to be involved in a fatal car crash at night than during the day.
  - By law, teens are not allowed to drive between midnight and 5 a.m. unless they are with licensed adult drivers or driving home from a school function or work.
- Driving with Other Teens
  - The presence of teen passengers strongly increases the risk of crashing. The more passengers, the greater the risk.
  - By law, teens are not allowed to have any passengers under the age of 21 in their cars for the first six months they have their licenses (siblings exempted) and only one passenger for the second six months.

Keep in mind that this is not an exhaustive list of teen driving risks. Know what your teens are doing, how they are driving, where they are, and who they are with. Set limits and expectations for your new driver. The families of teen drivers are in the best position to help inexperienced drivers avoid risky behavior and drive responsibly.

Tips for the Road

Driving is a complex skill that takes years to master. Skills improve with time and practice. Think of it like learning a sport or playing a musical instrument: It takes time and practice. Unfortunately, an error behind the wheel can have negative and even deadly consequences. So parents teaching their teens to drive need to be both firm and patient. Think back to when you were learning to drive and consider what kind of guidance might work best with your teen. This section of the guide will offer you some tips.

Learning a New Skill

As with anyone new to any task, there are certain beginning teen driver tendencies to be aware of, including:

- They may become so anxious and grip the steering wheel so hard that they cannot steer properly.
- They may position their hands incorrectly on the steering wheel.
- They may forget that a car with an automatic transmission "creeps" while in drive or reverse.
- They have a tendency to forget which way the car wheels are pointed when pulling out of a parking space or stopped in traffic.
- They commonly make errors to the right, because that side of the car is farther away from them.

Please be patient as your teens are learning the basics of driving. Do not take them out in heavy traffic or on streets with many obstacles. Begin on a quiet street or in an empty parking lot. If possible, teens should learn the basics of driving in a car with an automatic transmission and progress to a manual transmission after they have mastered the basics.

Parenting Tips for In the Car

- Enjoy this experience. Teaching your teen to drive can be a great bonding experience. Focus on driving skills, not issues that may be happening within your family.
- When you are doing the driving, be sure to set a good example. Your teen will be watching and will model how you drive. Make certain you come to a complete stop at stop signs, do not speed, slow for yellow lights, etc.
- Wear your seat belt and require your teen to do so as well.
- Keep the radio/stereo turned off during practice sessions.
- While on the road all instructors/parents should be paying attention as if they were driving the vehicle and let the teen "think" he/she is in charge of the vehicle.
- Instructor/parent conversation should be limited to Driver's Education. Never use a cell phone while a teen driver is driving. Never touch a teen except to take over the wheel to avoid or prevent a collision.

Language

- Be clear and concise when giving your teen directions.
- When giving your teen feedback, it should be precise and immediate. Remember to praise those things your teen has done correctly!
- The term “right” should be used only for the direction of a turn.
- Be sure to give your teen enough notice when you want them to change lanes, make a turn, or come to a stop. When giving directions to your teen, tell him/her “where” first, and then give them the “action” you would like them to perform. For example, say “At the next light, turn right,” instead of “Turn right at the next light.” Telling an inexperienced teenager to “stop” will cause them to stop suddenly. Instead say, “Bring the car to a stop,” or “At the intersection, slowly bring the car to a stop.”

Other Tips

- Follow Colorado law by making sure that your teen has a driver’s permit, insurance card and vehicle registration in the car when he or she drives.
- Hands should be placed at 9 and 3 o’clock on the steering wheel to avoid injury from a deployed air bag.
- If your teen is in real trouble, shift the car out of gear quickly, take the wheel, and guide the vehicle safely to the side. Practice these motions beforehand.
- Remind your teen that the driver doesn’t always have to have a foot on the gas pedal for the vehicle to move. This “creep” can help the driver move slowly through traffic, get in and out of parking spaces, start from a dead stop or drive through tight quarters.
- Play the “what if” game with your teens. Give them scenarios and ask them what they would do.
- Encourage your teen to say out loud what his/her next move will be. For example, when changing speed, your teen may say: “Red light, mirror, ease foot off of accelerator and brake.”
- Eventually, expose your teen to different driving conditions, including on wet roads and snow, on and off highways, in rural areas and busy urban streets. Practice on roads unfamiliar to the teen.
- Use any mistakes as an opportunity for learning, not for yelling. Celebrate when they fix that mistake the next time in the car.
- **Have patience. Praise your teen. Instead of criticizing, offer a better way!**

Driving in Adverse Conditions

This section covers driving in adverse conditions such as glaring sun, snow, ice, wind or rain. The most important tip for driving in any adverse weather condition is to drive SLOWLY! Most car crashes are caused by driving too fast for conditions.

It is important that your teenager practice driving in adverse conditions in the permit stage of graduated licensing. This way, when they are on their own, they will have had prior experience and will not be surprised, scared or frustrated.

Here are some more tips from the experts at the Colorado Department of Transportation:

- Always wear your seat belt.
- Use your low-beam headlights in bad weather, especially where snow is falling heavily or blowing.
- Do not use your cruise control in slippery road conditions.
- Remove ice and snow from front and rear windows, mirrors and vehicle lights as often as necessary.
- Leave extra room between your vehicle and the one ahead of you in poor visibility and slippery conditions.
- Your safest place in bad weather is a safe distance behind a snowplow, where you will find the clearest road and best traction.
- If possible, avoid driving in bad weather conditions.
- A road that has been treated with liquid de-icer still may be wet and slippery.

Lesson Plans

Lesson Plans

These lesson plans will show you how to most effectively spend the required 50 hours, including 10 hours at night, that your teenager needs to apply for a driver's license. Please remember that this is only a guide. Feel free to modify them to spend more time on tasks your teenager needs help with and less on those skills he masters more quickly.

We have included five lesson plans that start out with very basic skills, which increase in complexity and speed. Each lesson plan varies in the amount of time spent on particular skills. Safety experts recommend spending 30 to 60 minutes at a time teaching your teen to drive. Some of the lesson plans suggest spending a total of 15-20 hours broken down to 10-15 sessions.

We will not be going into specifics on every driving skill. Again, utilize the Colorado Driver Handbook or resources found at the end of this guide to find more information on a specific skill.

A checklist will follow each lesson plan to help you organize areas that may need more time for your teen to practice and gain confidence.

Plan and prepare each driving lesson. For example, when practicing with multiple turn lanes, think about where these intersections are in your area before heading out. This is a good system to reduce frustration during your practice sessions. You may want to practice the skills yourself first before demonstrating them to your teen.

Lesson Plan #1: Before Getting Started

Pre-Entry Check
(Recommended 4 Hours Total Time)

This lesson plan should be conducted on a large, level, quiet parking lot.
Speed during this lesson plan should be at or below 15 mph.

Document and Knowledge Check

- Check to see if you and your teen driver each have a valid permit or license, and a valid registration and insurance card is in the car.
- Review all road signs with your teen using the Colorado Driver Handbook.
- Talk with your teen about proper procedures when pulled over by law enforcement.

Pre-Entry Check

- Turn off all cell phones.
- Before getting into the vehicle, the teen should check for obstacles such as small children and pets, broken glass, fluid leaks, etc.
- Check tire pressure, engine oil and other fluid levels. Check your vehicle owner's manual for details.
- Make sure all turn signals work.
- Make sure all lights work.
- Check tire inflation and tread.

Gauges and Instrument Controls

- Enter the vehicle and show your teen all of the vehicle's gauges and controls.
- Make sure he/she can locate and operate all the basic controls without taking his/her eyes off the road.
- Instruct your teen to operate the turn signals with his/her fingers while keeping his/her hands on the steering wheel.

Instrument Controls:		
Turn Signals	Selector lever / gear shift	Light Switches
Windshield Wipers	Heater	Air Conditioner
Defroster	Horn	High Beams
Tires	Emergency Flashers/hazard lights	

Adjusting the Car to Your Body

- After getting into the vehicle, teach your teen how to adjust the seat, the steering wheel, side-view and rear view mirrors.
- Teach your teen to sit up straight with his/her back against the seat, 10 inches from the airbag, with the steering wheel tilted toward the chest, not the head.
- He/she should be able to comfortably rest the wrist on top of the steering wheel without stretching. With the hands at 9 and 3 o'clock, a driver's arms should bend slightly at the elbows. The top of the steering wheel should be no higher than the top of the driver's shoulders.
- The driver should be able to reach the pedals with ease, without stretching or fully extending the legs.
- Adjust the rear-view mirror after adjusting the seat. The mirrors should be adjusted so that the driver does not need to turn his/her head to use them. The view from your rear view mirror should allow you to see clearly out the back window. Your side mirrors should be adjusted to eliminate as much of the blind spot as possible.

Activity Idea – "Learning About Blind Spots": While your teen is sitting in the driver's seat with the engine off, get out of the car and stand close to the front bumper facing your teen. Begin taking steps backward and ask your teen to tap the horn when he or she can see your feet. Place a cone or cup in that spot. This is area in front of the vehicle that cannot be seen when looking out of the windshield.

Ask the driver to use the inside mirror and/or to look over the right shoulder, and repeat this process to the rear of the vehicle. Walk backwards from the passenger doors on the left and right sides of the vehicle and place cups or cones to mark the side areas visible to the driver.

Seat Belt/Head Restraint

- For the best protection, adjust the top of the restraint so it is even with the tops of your ears.
- When the seat is in the correct position; the driver should buckle up and remind his/her passengers to do the same. The lap belt should be snug across the hipbones. The shoulder strap should lie over the collar bone and across the breastbone.

Colorado Seat Belt Law requires that a fastened seat belt must be worn by all passengers in any vehicle in operation. Seat belts must be worn by:

The driver
Every passenger in the front seat
Every child between the ages of 8 and 18 and/or over 40 pounds seated anywhere in the vehicle
Children under 8 must be strapped into the appropriate car seat or booster seat for their size.
The child's seat must be secured properly to the vehicle.

Eliminate Distractions

- The radio should not be on.
- No food or drink while driving.
- No cell phones.
- Do not apply makeup.

Review Brakes and Airbags

- Review the difference between ABS brakes and non-ABS braking systems. Every time a driver gets behind the wheel of an unfamiliar vehicle, he/she should check for the ABS sign on the dashboard while starting the vehicle to understand how to brake in an emergency.
- Explain that any driver should stay 10 inches away from the steering because air bags inflate to 6 or 7 inches at speeds as high as 200 mph. The steering wheel should be tilted as far down as comfortable to point at the chest, not the face. Airbags can inflate during a collision with speeds as low as 14 mph.

Starting the Engine:

- Automatic Transmission - In an automatic transmission vehicle, put your right foot on the brake pedal and make sure the vehicle is in park. Turn the key toward the dashboard to start the vehicle. As soon as the engine starts, release the key. Move the selector lever to D for drive, and then release the parking brake.
- Manual Transmission - In a manual transmission vehicle, make sure it is in neutral and that the parking brake is on. Press in the clutch to the floor and then move the gearshift through all the gears to learn their positions. When the gear is back in the neutral position put your right foot on the brake and press it to the floor. Turn the key in the ignition to the right and the vehicle should start. As soon as the engine starts, release the key, and then release the parking brake. Move the gearshift to the 1st gear position.

Placement

- Lane Placement - The teen should be able to drive in the center of their lane without drifting from side to side.
- Hand Position - The teen should have his/her hands at one of the three positions on the steering wheel:
    - 10 and 2 o'clock (without airbag)
    - 9 and 3 o'clock
    - 8 and 4 o'clock

Moving the vehicle – Forward/ Turning/Backward/ Steering/Stopping

- Review the Gears – With your teen's right foot firmly pressing the brake pedal, have the teen shift through the gears. Have the teen name each gear and say how and when it is used. The parking brake should be put on before the car is put in park.
    - Park - Used when parking the vehicle.
    - Reverse - For backing the vehicle
    - Neutral - A non-driving gear.
    - Parking Brake - Keeps the vehicle in place when parked.
- Shift to Drive, and practice moving to different points in the parking lot.
- Stopping and starting: To allow the teen time to get familiar with how much pressure is needed to accelerate and brake smoothly. At this point, your teen should not be going any faster than 10-15 mph (speeds will increase gradually with each lesson plan).
    - Automatic Transmission - Ease down on the accelerator and move forward. Practice starting and stopping several times. To stop, ease off the accelerator, pivot the ball of the right foot from the accelerator to the brake pedal and ease down the brake pedal. Practice this until both stopping and starting can be done smoothly.

- Manual Transmission - Push the clutch to the floor with your left foot. Push the brake to the floor with your right foot. Make sure the vehicle is in neutral. Start the engine and put the vehicle into 1st gear. Move your right foot to the accelerator but don't push down yet. You must find the friction point. You may want to have the teen try this the first few times with their eyes shut. When letting out the clutch, the vehicle just barely starts to move forward. Right at that moment, it is time to gently ease down on the accelerator while letting out the clutch. This takes practice to get the timing right. Practice until this can be done smoothly. To stop, remove your foot from the accelerator, push the clutch to the floor with your left foot, and put your right foot on the brake and ease down.

- Safe stopping distance **-** When stopping behind another vehicle, you should be able to see the rear tires of the vehicle in front of you touch the ground.

> **Coaching Tip**: When you want your teen to come to a smooth stop, say "Slow to a stop" instead of "Stop", which will cause the teen to suddenly and forcefully slam on the brakes.

- Turning – Start with wide, smooth turns.
  - To help the teen get a feel for how much the steering wheel must be turned to get the vehicle to turn. Have the teen practice driving down the lanes of the parking lot, turning and going down the next lane. Practice driving in "zigzag" lines, and then do "figure eight's." *Practice using the hand over hand or grip and slide method of steering.*
  - Your teen should be looking both ways, in all mirrors, signaling, and should be communicating to you what his/her next move will be.
- Reverse - Once going forward and turning become easier for your teen, practice going in reverse a short distance. Remind the teen to use mirrors and to look over his/her shoulder. Ensure that the area behind the vehicle is clear, as going in reverse can be confusing at first!
  - Have the teen bring the vehicle to a stop. (A solid white line in the parking lot can be used as a guide.) Explain that you want him/her to back up in a straight line.
  - The driver's right foot should be on the brake pedal.
  - Put the gear selector into reverse.
  - The driver should place his/her left hand on top of the steering the wheel at 12 o'clock. The right hand should be placed on the back of the passenger seat, the head and torso should be turned to the right and looking over the right shoulder out of the back window.
  - Backing up should always be done slowly. If the driver becomes disorientated while backing, stop and try it again.
  - Practice this several times until the teen has a feel for it. Remind them to keep their hand at 12 o'clock to keep the vehicle going in a straight line.
- Parking - Give your teen a specific parking space to back into. With practice, he/she should be able to fit within the painted lines of the space.
- Moving the vehicle forward, turning, and going in reverse require different hand positions on the steering wheel. These will be new experiences and require practice.

<u>Braking Drills</u>

- Straight line braking drill (parking lot) - Once the driver reaches 15-20 mph, instruct him/her to stop in the shortest distance possible. Practice getting the feel for the load shift in the car. If the brakes lock, coach on threshold braking. If the car has ABS, then coach on the feel of the vibrations and maintaining pressure on the brake pedal.

- Braking in a curve (parking lot) - In an area free of obstacles, set up a series of cones or other markers to simulate a curve in the roadway. Ask the driver to decrease the vehicle's speed to increase the control prior to entering the curve, visually target the exit point, and accelerate midway through the curve. Next time have the driver approach the curve without reducing speed, and coach the driver to try to maintain/regain vehicle balance. When the driver has progressed enough in skill you will want to try this skill again, but have the driver make an "emergency" stop in the middle of the curve (to simulate a blocked roadway).

Turning the vehicle off/Securing the Vehicle

- Place the car in Park, turn off lights if necessary.
- Instruct the teen on securing your vehicle.

Activity Idea – "Who's the Teacher?" After instructing your teen on "Getting Ready" to drive, have them practice by telling you what to do! The teen's job is to instruct you, step-by-step, about what to do to get started. For example, after they tell you to "Check behind the vehicle for obstacles, look for fluid leaks, etc.," get into the driver's seat with your young driver sitting on the passenger side. They then instruct you how to check mirrors, gauges, put on seatbelt, etc.

Lesson #1 Checklist

Before Getting Started: Pre-entry Check (Recommend 4 Hours Practice)	Dates & Total Hours Practiced	Pass	Needs Practice	Comments
Carrying appropriate documentation (Permit, License of Supervising Driver, Insurance, Registration, Emergency Information)				
Review knowledge of all road signs				
How to respond if pulled over by law enforcement				
How to respond if in a crash (Documents, 911, Exchanging Information, etc...)				
Vehicle check: lights, tires, fluid Leaks, etc…				
Locating gauges and their functions				
Review all instrument controls				
Adjusting seat and head restraint				
Adjusting mirrors				
Wearing seat belt				
Review brakes and airbags				
Review all gears (both standard and manual transmission)				
Starting the car				
Hand placement on the wheel				
Moving forward				
Backing				
Placement in lanes				
Steering (test on multiple cars)				
Stopping (Test on multiple cars)				
Appropriate stopping distances				
Turning vehicle off and locking the car				
Other:				

Lesson Plan #2: Parking and Familiar Areas

Parking the Car/Driving in Familiar and Light Traffic Areas
(Recommended 13 Hours Total Time)

This lesson should be conducted in your neighborhood or areas close to where your teen attends school. These roadways should be familiar to your teen.
The speed limit during this lesson plan should not exceed 35 mph.

Review info from Lesson Plan #1 – All information from the first lesson plan should be fresh as it will all be utilized in this plan and all future lesson plans. Please do not proceed with Lesson Plan #2 until you are comfortable with your teen's ability in Lesson Plan #1.

Parent and Teen should review the information in the Colorado Driver Handbook related to traffic signals, traffic signs, pavement markings, lane controls, right of way and speed.

Visual Search

- Scanning is an important skill to learn at this point.
- The teen should be scanning about 15-20 seconds ahead of the car.

Activity Idea: Have your teen ride in the passenger side while you drive. Encourage your son/daughter to look in all mirrors, paying attention to motion on sidewalks, crosswalks, noticing what other cars are doing, and looking for "hidden" motions, such as a dog running out of a bush. Again, have your teen say aloud what he/she is noticing, and what their response would be. Once you are confident that your teen understands scanning, he/she can practice behind the wheel.

Entering Traffic

- From side of street, teen will need to signal, and look for traffic, bicycles, pedestrians, children and animals in mirrors and over shoulder. Your teen should be accelerating smoothly.
- When proceeding down the street in a through intersection with no stop required, the teen should be scanning all intersections for traffic and pedestrians.

Remind your teen to recheck the traffic in all directions. Be aware that in some residential areas, up to 90% of drivers fail to obey stop signs.

Basics of Driving

- While practicing on side streets and at speeds lower than 35 mph, your teen should practice accelerating, turning and stopping smoothly. It is important that the teen learn the "feel" of the car at these low speeds before trying increased speed.
- Yielding is a difficult concept for teens to learn at first. They may be hesitant to move forward with the right of way. Use this time while practicing in lighter traffic to highlight when yielding is required, when it is not and when it can be dangerous.
- Practice driving on different widths of roads. As teens drive and become more accustomed to lane placement of the car, it is important to practice on narrow roads as well.

Following Distance

- Driving - Use a three-second following distance in good weather and under normal traffic conditions. When the back end of the vehicle in front of you passes a stationary object, start counting: "a-thousand one; a-thousand two; a-thousand three." If you have not finished counting before you pass the stationary object, then you are following to close.

Stopping at Intersections

- Smooth stopping is key to all driving.
- Practice stopping at traffic lights, stop signs, four-way stops, and flashing red lights.
- At a four-way stop or flashing red light, the first car stopped usually is the first car through the intersection. In the case of a tie, defer to the car on the right to go through the intersection first.

Turns at a Stop Sign

- Vehicles close enough to be a hazard must be yielded the right of way.
- On approaching an intersection, instruct your teen to scan the intersection for traffic and pedestrians.
- Plan your turn by making sure that you are in the correct lane.
- Signal your turn at least three seconds before turning.
- Come to a full and complete stop with the wheels straight behind the stop line, crosswalk or sidewalk.
- Before entering an intersection, look left, right and left again. If your teen cannot see what is coming on the cross street, he/she may creep forward to see if it is clear.
- When it is clear, complete the turn without stopping again, using the proper hand over hand or grip and slide method of steering.
- After the turn is complete, check the mirrors for traffic behind.

Turns without a Stop Sign

- Vehicles close enough to be a hazard must be yielded the right of way.
- On the approach to the intersection, the teen should scan the intersection for traffic and pedestrians.
- Plan your turn by making sure that you are in the correct lane.
- Signal your turn at least three seconds before the intersection
- Slow down **before** you enter the turn (6 to 10 mph). Before the intersection, the teen should look left, right and left again, checking for traffic and pedestrians.
- When it is clear, complete the turn using the proper steering method of hand over hand (no airbag) or grip and slide.
- Accelerate out of the turn somewhere beyond the mid-point of the turn.
- After the turn is complete, use the mirrors to check for traffic in all directions.

All Turns with Green Arrows

- Practice right and left turns that have green arrows.
- Even when the arrow is green, pedestrians often do not realize which direction of traffic has the right-of-way. On the approach to the intersection, scan the intersection for traffic and pedestrians before proceeding.

With residential driving comes the opportunity for your teen to learn to **always be on the lookout for pedestrians, bicycles, children and animals**. Review this information in the Colorado Driver Handbook. Yield to all! Pedestrians have the right-of-way.

Parking

While teaching this skill, stress the need to watch for pedestrians, open doors, children and other cars.

- Parking at an angle between two other cars.
  - Signal and swing out to allow about six to eight feet, if possible, between you and the rear of the parked cars.
  - Move slowly into the space, straightening out the wheels as you enter.
  - When turning right into a parking space, watch your left front fender, and check to your right as you enter the parking space to make sure that you are not too close to the vehicles at your sides. The opposite is true for left turns into a parking space.
  - If you are not straight in the parking space, turn your wheel either left or right to straighten out your vehicle. Leave enough space between you and the vehicle parked next to you.
- Back out of a parking space.
  - Place the vehicle in Reverse and step on the brake.
  - Check for pedestrians and oncoming traffic
  - Place the left hand on the steering wheel at 12 o'clock.
  - The right hand should be placed on the back of the passenger seat and the head and torso should be turned to the right.
  - Back up slowly while continuing to watch for pedestrians and traffic.
  - Check the left front bumper to make sure it will clear the car next to you.
  - As you exit the parking space turn the wheel to the left until you are centered in the parking lot lane.
  - Place the car in drive and straighten your position as you move forward.

- Parking in a perpendicular space – Similar to angled spaces, the teen should signal, use all mirrors, have one hand on the steering wheel and should brake and steer in a smooth, controlled manner.
  - Practice approaching angled spaces from left and right.
  - Practice backing out of this type of parking space.
- When your teen has parked in a space, have him/her get out of the car to judge how well he/she did. He/she should be three to six inches from the curb or parking space lines. Have them practice parking in a straight space, angled spaces, on side streets and parallel.
- Parallel Parking: Parking on side of street involves many of the skills from other types of parking. Your teen may have trouble judging the distance from the curb or other vehicles. Practicing with cones or cups might be easier at first.
  - Signal to the right at least three seconds before entering the parking space.
  - Pull up parallel to the vehicle in front of the space you want to park in.
  - Make sure the car is two to three feet away from the vehicle and that your rear bumpers are side by side.
  - Put your vehicle in reverse and turn the wheel all the way to the right, then start backing up slowly.
  - When your vehicle is at a 45 degree angle to the curb (the back bumper of the other car should line up to the position of the middle of your passenger side wiper blade) start to turn the wheel to the left to straighten out your vehicle and back into the parking spot until you can clear bumpers.

- As you straighten out your vehicle parallel to the curb, your tires should end up less than 12 inches from the curb.
- Move forward to an equal distance between the two vehicles that you are parking between to avoid trapping the car behind you.
- Stop and put your vehicle into park.
- When pulling away from the parked position, signal, check mirrors and look over your shoulder before moving the vehicle.

<u>Hill Parking</u>

- *Uphill Parking*
  - Pull up parallel to the curb less than 12 inches away.
  - Stop. Turn the steering wheel all the way to the left.
  - Put the vehicle into reverse, check your mirrors and over your outside shoulder, if the way is clear slowly roll back until the back of the front right wheel touches the curb.
  - Put your parking brake on. Put the car in park.
- *Downhill Parking*
  - Pull up parallel to the curb less than 12 inches away.
  - Stop and turn the wheels to the right. Roll the vehicle forward until the front of the front tire touches the curb.
  - Put your parking brake on. Put the car in park.

When parking on a hill without a curb you still need to turn your wheel away from the road.

Lesson #2 Checklist

Parking the Car/ Driving in Familiar & Light Traffic Area (Recommend 13 Hours Practice)	Dates & Total Hours Practiced	Pass	Needs Practice	Comments
Scanning				
Entering traffic				
Noticing pedestrians/ children/ bicycles/ animals				
Speeds up to 35 MPH				
Yielding				
Narrow roads				
Appropriate following distance for speed				
Traffic lights				
Stop signs (Including 4-way stops and flashing red lights)				
Stop lines at intersections				
Smooth stopping				
Crosswalks				
Rights of way: pedestrians and bicycles				
Entering traffic from a turn				
Turning without a stop				
Turning with a signal or green arrow				
Turning from a stop				
Backing out of any parking space				
Parking - angled space				
Parking - right and left turns into space				
Parking - side of street/parallel				
Parking – on a hill				
Other:				

Lesson Plan #3: Increased Traffic and Unfamiliar Roads

(Recommended 18 Hours Total Time)

Review information from Lesson Plan #1 and #2.

Please do not proceed until skills from previous plans have been mastered.

At this point, your teen should be fairly comfortable behind the wheel. It is now time to go into areas with more traffic and on roads unfamiliar to your teen. Speed during this lesson plan should not exceed 50 mph. Plan your route ahead of time!

U-Turns

- **U-turns at an intersection** (First, look for signs to find out whether U-turns are permitted/legal or not)
    - On the approach to the intersection, the teen should scan the intersection for traffic and pedestrians.
    - Signal for at least three seconds and slow down as you approach the intersection in the proper lane.
    - Before the intersection, look left, right and left, checking for traffic and pedestrians.
    - Yield the right of way to approaching cross traffic.
    - Stop, if required, behind the stop line, cross walk, sidewalk or at the point where the two streets intersect (whichever comes first). Keep your wheels straight.
    - When it is clear, slowly pull out and turn the steering wheel rapidly (hand over hand or push pull slide) until the car is facing in the opposite direction.
    - When the turn is near completion accelerate to a safe and legal speed.
    - After the turn is complete, use the mirrors to check traffic behind you.

- **U-turns in a residential area** (First, make sure that U-turns are permitted/legal)
    - Signal, check the blind spot, and pull over to the right side of the road to allow for the widest turn.
    - Check traffic in both directions. Do not start the turn if it will interfere with traffic.
    - Turn on your left turn signal, check over your left shoulder for traffic, begin the turn by using the hand over hand or push pull slide method.
    - When the turn is near completion, accelerate to a safe and legal speed.
    - After the turn is complete, use the mirrors to check traffic behind you.

Turning with Multiple Turn Lanes

- Follow the same instructions from Lesson #2 related to turning.
- Help your teen identify how to stay within the lane markings if in a double or triple turn lane.

Roundabouts

- Search - On the approach to the roundabout, the teen should scan the intersection for traffic and pedestrians.
- Signal - Signal for at least three seconds and slow down as you approach the intersection.
- Yield - Yield the right of way to vehicles in the roundabout.

- Lane Usage - Check posted signs to determine the best lane use. When it is safe to do so, complete the turn using the hand over hand or push-pull-slide method of steering.
- Exiting - Signal and slow down as you approach the turn to exit. When it is safe to do so, complete the turn using the grip and slide or hand-over-hand method of steering.

Changing Lanes

- When you are ready for your teen to change lanes, talk to him/her about good reasons for changing lanes (destination, construction area, etc.).
- Signal your turn at least three seconds before changing lanes.
- Search the following prior to changing lanes:
    - Rear view mirror to check traffic behind
    - Side mirror for traffic in lane you are entering
    - Over the shoulder to check for the blind spot
- When it is safe, move into the lane smoothly and adjust your speed to the flow of traffic.
- Do not forget to turn off your turn signal once you are centered in the new lane.

Additional Tips

- Maintaining higher speeds (35-50 mph) – This will be the fastest your teen has driven. He/she should steer smoothly with control of the pedals and steering wheel.
- Driving curving roads is another skill to practice. This usually requires braking and steering simultaneously and will feel differently at higher speeds.
- Being passed can be frustrating! Talk to your teen about defensive driving and tell him/her to relax - being passed is okay.
- Driving in increased traffic areas often comes with more cars parallel parked along the side of the road. Make sure your teen leaves enough distance between his/her car and the parked cars to allow time to react to opening car doors, pedestrians coming out from between cars, pedestrians trying to enter the car and cars suddenly pulling away from the curb.

Following Distance

- Driving - Using a three-second following distance in good weather and under normal traffic conditions. When the back end of a vehicle you are following passes a stationary object, start counting: "a-thousand one; a-thousand two; a-thousand three." If you have not finished counting before you pass the stationary object, then you are following to close.

Activity Idea – "Critique other drivers" Find a safe place to park your car where you can watch traffic with your teen. In a 15 minute period, both you and your teen jot down driving errors you see. Compare your lists and discuss what you observed.

One-Way Streets

- Help your teen learn the unique rules of driving on one-way streets, particularly if they are more common in your part of the state.
- Practice parallel parking on the left side of a street. These turns feel different!
- Turning left from a one-way street onto another one-way street has different rules about turning on a red light. If this is relevant to your area, be sure your teen has the opportunity to practice.

Multiple Point Turning

- **Two-point turns to the right** – A two-point turn involves backing into a driveway so you can turn around and go in the opposite direction.
  - Signal; check the blind spot for any pedestrians or bicycles.
  - Pull over to the right side of the road about three feet from the curb, with the rear bumper of the vehicle just beyond the driveway you plan to back into.
  - Stop; put the vehicle in reverse, check oncoming traffic and traffic behind you.
  - When it is clear, look over your right shoulder and slowly start backing while turning the steering wheel to the right.
  - As the rear of the vehicle enters the driveway, turn the steering wheel to the left to straighten out the vehicle.
  - Stop when the front end of the vehicle is out of the way of traffic.
  - Shift to drive, signal, scan for traffic and enter traffic when it is clear.
  - After the turn is complete, use the mirrors to check traffic behind the vehicle.
- **Two-point turn to the left** – This turn is made when the only driveway is located on the other side of the street.
  - Signal and check for oncoming traffic.
  - When it is safe, turn into the driveway on the left.
  - Stop the vehicle and put it into reverse. Back up slowly and check for oncoming traffic.
  - Turn the wheel to the right as you back into the roadway. Stay as close to the side of the road as possible and keep an eye out for oncoming traffic and pedestrians.
  - Shift the vehicle to drive, signal and search (make sure to check blind spot) and enter traffic when it is clear.
  - Check the traffic behind you by using the rearview mirror.
- **Three-point turns** – to turn around when there is not enough room to do a U-turn and there is not a driveway available for a two-point turn
  - Signal; check blind spot for pedestrians and bicycles.
  - Pull over to the right as far as possible.
  - Turn on the left turn signal. Check oncoming traffic and traffic behind you.
  - When it is clear, slowly start to move the vehicle turning the wheel using hand over hand or push pull slide to the left.
  - When the vehicle is about four feet from the opposite curb, turn the wheel to the right, using hand over hand or push-pull-slide steering, and stop.
  - Put the vehicle in reverse. Check traffic going in both directions, look over your right shoulder, when it is clear back slowly and keep the wheel turned to the right.
  - Straighten the vehicle by turning the wheel to the left. Stop. Put the vehicle into drive and continue at a safe and legal speed.
  - After the turn is complete, use the mirrors to check traffic behind the vehicle.

Sharing the Road

- **Motorcycles**
  - Allow a motorcyclist the full lane width. The motorcycle needs room to maneuver safely.
  - Always use your signals to make your intentions known prior to changing lanes or merging with traffic.
  - Always check for motorcycles by looking in your mirrors and blind spots before entering or leaving a lane of traffic or intersection.

- Remember that motorcyclists may need to change speed or adjust their lane position suddenly in reaction to road and traffic conditions such as potholes, gravel, wet or slippery surfaces, pavement seams, railroad crossings or grooved pavement.
- Allow extra following distance (four seconds) when following a motorcycle. Motorcycles can stop more quickly than cars.

- **Light Rail**
  - Explain that in some areas, the light rail will operate on the streets in the same way as other motor vehicles, and will have the same rights and responsibilities as other motorists. In other areas (like the Denver streets Stout and California) they will operate in the opposite direction from other traffic.
  - Since light rail is very quiet reduce your speed, look and listen before you cross a light rail track.
  - Watch for pedestrians disembarking the train.
  - Never attempt to rush forward as soon as a light rail train has passed. Another train may be behind or coming from the opposite direction.
- **Other Public Transportation**
  - Buses often have their own lanes during high traffic lanes. Be careful to avoid those lanes.
  - Buses stop frequently, which may tempt you to pass them. Carefully check lanes and blind spots prior to passing a bus.
  - Pedestrian traffic is always heavier near public transportation. Be extra vigilant for pedestrians near bus stops.
  - Some public transportation vehicles have their own traffic signals. They may often have permission to cross an intersection while cars still have a red light. Be sure you are observing all traffic signals.
- **Bicycles**
  - Keep your eye on cyclists and pedestrians. They have a right to use all the roads in Colorado unless expressly prohibited. Cyclists are supposed to follow all traffic laws as if they are a car on the road.
  - Keep track of them in your rear and side mirrors.
  - Slow down near cyclists.
  - When passing a bicyclist, be sure to give at least **3 feet between your car and the bike**.
  - If you are parked on the side of a road, look for passing bicycles before opening your door.
  - Bicyclists often do not stop at stop signs in low-traffic residential areas. Come to a full stop and look for cyclists before proceeding.

<u>Blind Intersections</u>

- When approaching a blind intersection, a warning sign with an image should show you where side streets or driveways connect. These signs warn you to slow down and use caution even when you have the right of way. Be prepared for a vehicle to pull out into the road in front of you.
- Use caution when entering a blind intersection. Traffic may be coming, but you may not be able to see it until you have pulled out in front of it. Do your best not to interrupt the flow of traffic.
- When entering traffic from a turn, signal, be aware of traffic, and control the steering wheel in a smooth manner. For new drivers, selecting a gap in traffic will take practice. After the turn, smoothly let the steering wheel recover.
- Turn into the closest lane.
- When you are ready for your teen to leave traffic, he/she should signal, decelerate and smoothly pull to the side.

Lesson #3 Checklist

Increased Traffic and Unfamiliar Roads (Recommend 18 Hours Practice)	Dates & Total Hours Practiced	Pass	Needs Practice	Comments
U-turns				
Turning with multiple turn lanes				
Roundabouts				
Changing lanes				
Curving roads at higher speeds				
Being passed				
Speeds up to 50 MPH				
Appropriate following distance for speed				
One-way streets - entering from both sides				
One-way streets - exiting from both sides				
Parked cars along the road				
Multiple point turns				
Sharing the road: motorcycles				
Sharing the road: light rail or public transportation				
Sharing the road: bike lanes				
Blind intersections				
Other:				
Other:				
Other:				

Lesson Plan #4: Highway Driving

(Recommended 15 Hours Total Time)

Once again, be sure that skills and conditions from previous plans have been mastered before moving on to Lesson #4 This lesson plan should be conducted on Interstates and Highways with speeds from 50 – 75 mph. Be sure to review lane and sign information in the Colorado Driver Handbook before heading for the interstate. Plan your trips ahead of time!

Entering the Highway/Interstate

- Use the acceleration ramp to get your vehicle up to expressway speed. You should look over your shoulder as soon as you can see the expressway. Look to see what gaps there are in traffic and adjust your speed to slip into one of them.
- Turn on your signal for at least 200 feet while merging from the entrance ramp onto the interstate.
- Check your inside mirror, outside mirrors and glance over your shoulder to look for an opening in traffic and adjust your speed accordingly.
- Make a lane change into the through traffic lane.
- Maintaining higher speeds (50-75 mph) – Teach your teen to have control over the brake, accelerator and the steering wheel. Constant scanning and anticipation are key!
- Practice taking curves at these higher speeds.
- Practice taking steep hills at higher speeds, noticing how quickly vehicles slow down while traveling uphill and how easy it is to increase speed while traveling downhill. Teach your teen to downshift when appropriate to help moderate speed without riding the brake. Downshifting is different for manual or automatic vehicles, so be sure your teen knows the proper method.

Following Distance

- Using the three-second following distance rule. When the back end of the vehicle you are following passes a stationary object, start counting: “a-thousand one; a-thousand two; a-thousand three.” If you have not finished counting before you pass the stationary object, then you are following to close.

Lane Changes

- Use your signal for at least 200 feet before the lane change is initiated. Search for traffic by using:
  - Rear view mirror for traffic behind the vehicle;
  - Side mirror for traffic in the lane you are entering; and
  - Over the shoulder to check the blind spot.

Interacting with Other Cars

- Being Passed - Hopefully, at this point your teen has been passed on smaller roadways. Again, remind her/her to relax and let them pass.
- Passing - Talk to your teen about good reasons for passing someone. Teach them to signal, check mirrors and blind spots. Use the headlights of the car you are passing as a guide in the rear view mirror to know it is safe to go back in the original lane.
  - Travel in the right lane, lane change to the left lane then move back to the right lane once you can see the entire front end of the vehicle you are passing in your rear view mirror (or when you can see pavement in front of the front tires).
  - Try to leave the right lane open for vehicles merging.

- Remember that the far left lane is for passing and not the "fast lane". Per Colorado law, you should be passing vehicles if you are using this lane during normal traffic conditions.

Colorado Left Lane Law: 42-4-1013 (1) - Passing Lane. If the highway speed is more than 65 miles per hour, you should only be in the left lane to pass other motor unless the volume of traffic does not permit you to safely merge back into the right lane.

- Allowing others to merge
  - When travelling in the right lane, look for vehicles traveling down the acceleration lane.
  - Decide how to best allow the vehicle to merge.
    - Slow down
    - Speed up
    - Change lanes
- Be careful merging into the center lane. There are often other vehicles from the farthest lane also trying to merge into that lane at the same time as you.

Sharing the Road with Big Trucks/Buses

- Stay out of the NO-ZONE. The no-zone is approximately 20 feet in front and 20 feet on either side of the cab, and 200 feet to the rear of the trailer.
- If you cannot see the driver's face in his side mirrors, he cannot see you.
- Look for "wide turn" or "makes sudden stops" signs on the back of trucks to be aware of potential traffic issues they may cause.
- When being passed by a truck, keep a tight grip on the steering wheel. The air that a large truck displaces can cause your vehicle to swerve a little.
- Passing a large truck:
  - Take a look at the tires and the load and make sure they are stable before you attempt to pass.
  - Do not cut within 20 feet of the front of a truck to exit the expressway. Or wait until you can see both headlights in your rearview mirror.
  - Keep accelerating and stay out of the no-zone in front of the truck.
  - Try to avoid passing a truck while under a bridge. If you must pass make sure you take into account the effect the pull of the truck will have on steering.
- When passing or being passed by a truck make sure to account for loss of visibility if there is water standing on the road. Trucks can kick up a large amount of water to your windshield, blocking your visibility until you are able to run your wipers.

Colorado Move Over Law: 42-4-705 - State law requires drivers approaching stationary emergency vehicles displaying flashing lights (including tow trucks) to move over out of the lane closest to the emergency vehicles if safe and possible to do so. If you can't move over, you must reduce to a speed safe for weather, road and traffic conditions.

Exiting

- Check traffic to the rear using the mirror.
- Signal your intent to exit.
- Change lanes into the deceleration lane.
- Slow down after you enter the exit lane and be aware of tight curves on exit ramps.

Lesson #4 Checklist

Expressway/Highway/Interstate Driving (Recommend 15 Hours Practice)	Dates & Total Hours Practiced	Pass	Needs Practice	Comments
Entering the highway				
Speeds up to 75 MPH				
Using mirrors				
Appropriate following distance for speed				
Curves at high speeds				
Hills at high speeds				
Being passed				
Passing				
Left lane law - minimum speeds and passing only				
Allowing others to merge				
Merging into center lanes				
Negotiating large vehicles, vehicles on side of highway				
Move over law				
Exiting the highway				
Other:				
Other:				
Other:				

Lesson Plan #5: Driving in Complex Environments

(Recommended 20 Hours Total Time)

This lesson plan will include various skills not covered in previous plans. Nighttime driving should be addressed at this point, as you are required to spend at least 10 of the 50 hours required to apply for a driver's license driving at night.

In complex environments and busy roadways, your teen should give his/her full attention to anticipating his/her next maneuver and watching out for other drivers. It is important to practice in a variety of settings during the required 50 hours of driving, including driving during rush hour and in construction zones, school zones, and at railroad crossings. Your teen will face these same settings soon without you, so make sure he/she has the skills to be successful and safe.

Vary your speeds, roadways and road conditions during this lesson plan. Focus on the areas in which your teen needs the most work.

Defensive Driving

- If you have not already discussed defensive driving, now is the time to do so. Talk about avoiding crashes by steering to avoid, braking to avoid, and constant scanning and anticipating what other drivers will do next.
- Make sure ALL distractions are removed from the car. To be alert enough as a defensive driver, no one can afford to be distracted while watching out for other drivers and road hazards.
- Do not depend on other drivers to follow the rules. The key to defensive driving is being alert enough and responsive enough to adjust to anything that may go wrong around you.
- Remember, it is always better to hang back, slow down and observe the actions of other drivers. Driving is never a race. There is no trophy at the end.

Unexpected Obstacles

- Your teen may need time to practice avoiding obstacles in the road, anything from a small pothole to a large mattress blowing, without losing control of the car. You never want to swerve too harshly, as this can quickly cause a roll-over crash. Help your teen learn to navigate obstacles carefully.

Adverse Conditions

- Here is a list of just some of the adverse conditions to discuss (and practice, where possible) with your teen:
  - Snow
  - Black ice
  - Rain
  - Hydroplaning
  - High winds
  - Glare
  - Sand on the road after a storm (which causes sliding and requires additional stopping time).

- Be sure your teen knows to never use cruise control during any adverse weather conditions.

Rush Hour Driving

- Rush hour can be one of the most aggravating times to drive for any driver, and especially an inexperienced driver.
- Model calm driving during heavy traffic so that your teen doesn't learn to increase his/her stress and frustration in rush hour.

Construction Zones

The Colorado Department of Transportation has the following tips for safely navigating the "cone zone."

- **Expect the unexpected!** Normal speed limits may be reduced, traffic lanes may be changed, and people may be working on or near the road.
- **Slow down!** Speeding is one of the major causes of work zone crashes.
- **Don't tailgate!** Keep a safe distance between you and the car ahead of you. The most common crash in a highway work zone is the rear-end collision, so leave two car lengths between you and the car in front.
- **Keep a safe distance** between your vehicle and construction workers and their equipment.
- **Pay attention to the signs!** Warning signs are there to help you and other drivers move safely through the work zone. Observe the posted signs until you see the one that says you've left the work zone.
- **Obey road crew flaggers!** The flagger knows what is best for moving traffic safely in the work zone. A flagger has the same authority as a regulatory sign, so you can be cited for disobeying his or her directions.
- **Stay alert and minimize distractions!** Dedicate your full attention to the roadway and avoid changing radio stations or using cell phones while driving in a work zone.
- **Keep up with the flow of traffic.** Motorists can help maintain traffic flow and posted speeds by merging as soon as possible. Don't drive right up to the lane closure and then try barge in.

- **Schedule enough time to drive safely** and check radio, TV, and websites for traffic information. Expect delays and leave early so you can reach your destination on time.
- **Be patient and stay calm.** Work zones aren't there to personally inconvenience you. Remember, the work zone crew members are working to improve the road and make your future drive better.

Nighttime Driving

- As stated previously, the Colorado GDL Law requires that 10 of the 50 supervised hours of driving occur at night.
- Reduced visibility and greater following distance are two key areas to discuss.
- This is a great opportunity to talk about the risks of driving while tired. Come up with a plan for safely arriving home if your teen may be too tired to drive once he/she is driving independently.

Mountain Driving

- Watch the road, not the scenery. Stop at scenic overlooks instead. This is also a good way to give your brakes a chance to cool and your driving muscles a chance to relax.
- Drive as slowly as you like, but if there is traffic backed up behind you on a long mountain drive, pull over to let them past as soon as there is a safe location to do so.
- If you're stuck behind a vehicle that is going slower than you would prefer, take a few deep breaths and enjoy the trip. Or stop at a viewpoint to let them get well ahead of you.
- Even if you think you're the only vehicle on the road, don't stop anywhere other vehicles can't see you.
- Shift to low gear on the way down.
- Never ride the brakes. Overheated brakes are the greatest risk on drives such as Pikes Peak and Mt Evans. Again, stop a few times at scenic overlooks to give the car a chance to cool off.
- If you come to a place where it's too narrow to pass an oncoming vehicle, and there is no signage to indicate right of way, give way to the uphill vehicle.
- Road Side Hazards - Your teen should be scanning the front, rear and sides of the vehicle for hazards such as animals, farm equipment, narrow bridges and rockslides.

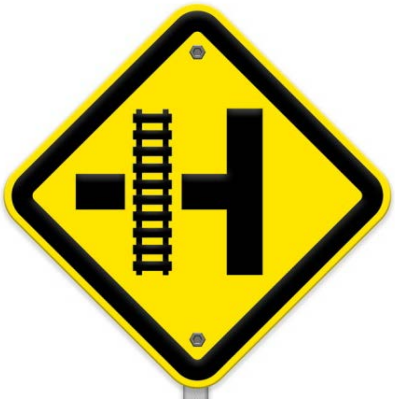
Gravel/Dirt Roads

- Driving on dirt roads requires attention on the variations in the surface of the road. Watch out for:
  - Sharper and larger stones can cut or puncture tires or damage the underside of the car.
  - Stones skipping up between two vehicles can damage the car body, lights or windshields.
  - Dust thrown up from a passing vehicle can reduce visibility.
  - 'Washboard' corrugations can cause loss of control, shaking of the steering wheel, and even damage to vehicle systems such as suspension and steering.
  - Wet or muddy roads can cause skidding or loss of traction.
  - Narrow and steep shoulders on the side of the road can make it easy to slide off the roadway.

Tunnels

- When approaching a tunnel, check the fuel level and switch on your low-beam headlights.
- It's quite dark in most tunnels, so remove sunglasses.
- Be sure to pay attention to traffic lights and signs while you're in the tunnel.
- Darkness can decrease your level of depth perception, so leave extra room for stopping.
- Observe the speed limits.
- If a tunnel has two-way traffic, never cross the center line.
- Never make a U-turn or reverse.
- Do not stop, unless it's an emergency.

Railroad Crossings



- Approaching a railroad crossing:
  - The teen should reduce speed, turn off the radio and stop conversation to listen for an oncoming train.
  - Remind your teen that he/she should never rely on crossing signals for warning of an oncoming train.
  - Teen should observe the type of control device used at the crossing and obey it. Teens should be warned that even though the train appears to moving slowly it could take a mile for a train to stop. Your teen should never go around crossing gates or attempt to "beat the train."
  - Teen should stop behind the stop line, crosswalk, or at least 20 feet from the track.
  - If the teen determines that no train may be seen or heard, he/she can move forward across the track.
  - Teens should be warned to wait for the vehicle in front of them to clear the track. Never pass at a railroad crossing, and be extremely careful when following a bicyclist or motorcycle across a railroad track.

Parking Garages and Other Tight Spaces

- Be sure your teen has had the opportunity to practice driving in tight areas such as a parking garage.
- Think about other tight areas in your town. Where else can your teen practice?

Moving Over for Emergency Vehicles

- Your teen must pull over to the side of the road for all emergency vehicles with flashing lights, not just for sirens.
- Pull over for vehicles coming from the opposite direction as well. They may be making a left turn in front of your car.
- Don't block an intersection while pulling over for an emergency vehicle.
- Don't forget about the "**Move Over" Law**: State law requires drivers approaching stationary emergency vehicles displaying flashing lights (including tow trucks) to move over out of the lane closest to the emergency vehicles if safe and possible to do so. If you can't move over, you must reduce to a speed safe for weather, road and traffic conditions.

School Zone and Buses

Your teen may drive past a school often, or even help to take younger siblings to school. The National Safe Routes to Schools group posted these safe driving tips for school zones:

- Slow down and obey all traffic laws and speed limits in school zones and neighborhoods surrounding schools.
- Avoid double parking or stopping on crosswalks to let children out of the car.
  Double parking will block visibility for other children and other motorists.
  Visibility is further reduced during rain and fog, when condensation forms on car windows.
- Avoid loading or unloading children at locations across the street from the school. This forces youngsters to unnecessarily cross busy streets, often outside the crosswalk.

- Watch for children walking or bicycling on the road and sidewalk in areas near a school.
- Watch for children playing and gathering near bus stops. Watch for children arriving late for the bus who may dart into the street without looking for traffic.
- When backing up from a driveway or garage, watch for children walking or biking to school.
- Prepare to stop for a school bus when overhead yellow lights are flashing. Drive with caution when you see yellow hazard warning lights flashing.
- Stop for a school bus with red overhead lights flashing, regardless of the direction from which the driver is approaching. Drivers must not proceed until the school bus resumes motion and the red lights stop flashing, or until signaled by the school bus driver to proceed.
- When a stop sign arm emerges from the side of the bus while the lights are flashing, you must stop, even when headed in the opposite direction. This allows children to cross the street safely to their homes.
- NEVER pass a bus. Children may be crossing the street.

<u>Add Your Own Hazards</u>

- This brief guide book can't cover every complex environment your teen will encounter. Don't forget to add your own areas to practice. You want your teen to keep practicing in complex or hazardous driving environments until you feel comfortable with his or her skills.

Lesson #5 Checklist

Driving in Complex Environments/Nighttime Driving (Recommend 20 Hours Practice)	Dates & Total Hours Practiced	Pass	Needs Practice	Comments
Defensive driving				
Unexpected items on roads				
Adverse weather (snow, black ice, sand on roads, rain, hydroplaning, wind, etc…)				
Glare at dusk or dawn				
Rush hour				
Construction zones				
10 hours of nighttime driving practice				
Mountain roads				
Gravel/dirt roads				
Tunnels				
Railroad crossings				
Parking garages				
Move to the right for sirens and lights				
School zones				
School bus stop arm				
Other:				
Other:				
Other:				

Parent/Teen Driving Contract

Rules and Consequences

- Read, discuss and put into effect each rule in the contract.
- Discuss and write in possible consequences.
- Sign and date at the bottom to confirm your agreement and commitment.
- Tear out contract and display as a reminder.

Driving Rules	Consequences
1. PASSENGER RESTRICTIONS ☐ I agree to abide by the state law for passenger restrictions. I will have no passengers under 21 during the first six months with my license and no more than one passenger under 21 until I have had my license for one year. ☐ At any time there will be only one passenger in the front seat.	☐ Lose driving privileges for ____ wks/mos ☐ Other: _____
2. SEAT BELTS ☐ I will always wear a seat belt. ☐ All of my passengers will wear seat belts, as required by law.	☐ Lose driving privileges for ____ wks/mos ☐ Other: _____
3. CURFEWS ☐ I will not drive after _____ p.m. at night. ☐ I understand that it is against state law to drive between midnight and 5 a.m. for the first year with my license. Check local curfew, which may vary from state laws.	☐ Lose driving privileges for ____ wks/mos ☐ Other: _____
4. CHECK IN ☐ I will check in with my parent(s) or guardian(s) every time I drive and let them know where I am going, who I am going with and when I will return.	☐ Lose driving privileges for ____ wks/mos ☐ Other: _____
5. ALCOHOL AND DRUGS ☐ I will never use alcohol or drugs when I am driving and never ride with someone who has used them. **Colorado has a ZERO TOLERANCE law for minor drivers.**	☐ Lose driving privileges for ____ wks/mos ☐ Other: _____
6. DISTRACTIONS ☐ I will not talk/text on my cell phone while driving, as required by law. ☐ I will not eat while driving. ☐ I will not adjust the radio, CD or MP3 player when driving. ☐ I will not wear head phones to listen to music while driving. ☐ I will not allow any passenger "horseplay" while driving.	☐ Lose driving privileges for ____ wks/mos ☐ Other: _____
7. DRIVING WHILE TIRED OR EMOTIONAL ☐ I will not drive if I am overly tired. ☐ I will not drive if I am overly emotional (i.e., excited, angry, sad)	☐ Lose driving privileges for ____ wks/mos ☐ Other: _____
8. TRAFFIC LAWS ☐ I will obey all traffic laws and rules of the road.	☐ Lose driving privileges for ____ wks/mos ☐ Other: _____
9. CARRYING IMPORTANT DOCUMENTS ☐ I will always carry my driver's license, registration, insurance papers and emergency information when I drive.	☐ Lose driving privileges for ____ wks/mos ☐ Other: _____
10. OTHER:	☐ Lose driving privileges for ____ wks/mos ☐ Other: _____

We both understand and agree to these driving conditions and rules.

Parent Signature _____ Teen Signature _____ Date _____

Resources

Teaching Your Teen to Drive Once They Have a Permit

- Drivers education requirements by age: coloradodot.info/programs/colorado-teen-drivers/Teens/getting-and-keeping-your-license/steps-to-getting-your-license.html
- Drivers education overview and locations: colorado.gov/cs/Satellite/Revenue-MV/RMV/1186129986882
- The Parent's Supervised Driving Guide: colorado.gov/cs/Satellite/Revenue-MV/RMV/1177024843056
- Top tips for parents for teaching teens how to drive: coloradodot.info/programs/colorado-teen-drivers/parent/tips-for-parents.html
- 8 Danger Zones to be aware of when teaching your teen: cdc.gov/ParentsAreTheKey/danger/index.html?s_cid=fb_patk529

Colorado Graduated Drivers Licensing Laws

- Information on Colorado's GDL laws: COTeenDriver.com
- Experience an interactive tool explaining the requirements for permits based on your teen's age: coloradodot.info/programs/colorado-teen-drivers/Teens/getting-and-keeping-your-license/steps-to-getting-your-license.html
- For a list of state-approved driving schools, visit the website for the Colorado Department of Revenue Division of Motor Vehicles (DMV): colorado.gov/cs/Satellite/Revenue-MV/RMV/1186129986882
- Online help for new licenses from the DMV: colorado.gov/apps/dor/dmv/smartstart/apply/newTeenLicense.jsf
- For more information on the documents to bring with you to the DMV to get a permit, colorado.gov/cs/Satellite/Revenue-MV/RMV/1177024843056
- Affidavit of Liability and Guardianship for all adults that will supervise the permit-holder's driving: colorado.gov/cs/Satellite?blobcol=urldata&blobheader=application%2Fpdf&blobkey=id&blobtable=MungoBlobs&blobwhere=1251779519837&ssbinary=true
- Find a DMV office in your area: colorado.gov/cs/Satellite?c=Page&cid=1215770306435&pagename=Revenue-MV/RMVLayout
- Use the Colorado Driver Handbook to print and sign a driving log for permit holders along with guidance for how to spend the required 50 hours of supervised driving: colorado.gov/cs/Satellite?blobcol=urldata&blobheader=application%2Fpdf&blobkey=id&blobtable=MungoBlobs&blobwhere=1251800113662&ssbinary=true
- Cheat-sheet of the rules and penalties for driver's permits and GDL restrictions: coloradodot.info/programs/colorado-teen-drivers/SafetyAdvocates/documents/InvolveLawEnforcement/Pocket%20GDL%20Cards-4-2011.pdf
- CDOT Weather, Traffic, and Construction Updates: COTrip.org

Teen Safe Driving Contracts

- Walk through contract example: coloradodot.info/programs/colorado-teen-drivers/new-documents/parent-teen-driving-contract.pdf
- AAA of Colorado has resources for discussing safe driving with your teen: TeenDriving.aaa.com/CO/
- Speak Now! A program from the Colorado Department of Human Services to help you talk about substance use with your teen: SpeakNowColorado.org

Contributors

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